



PUMPKIN SPICE MUFFINS

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Prep time: 15 mins | Cook time: 30 mins | Yield: 12 muffins

DESCRIPTION

Featuring sweet and earthy pumpkin, this recipe is especially great during the fall season! These muffins are also vegan, refined-sugar free, and gluten-free.

INGREDIENTS

- 2 1/2 cups oat flour
 - 1 tablespoon pumpkin pie spice
 - 2 teaspoons baking powder
 - 1 teaspoon baking soda
 - 1/2 teaspoon salt
 - 1 c canned pumpkin
 - 1 cup almond milk
 - 1/2 cup maple syrup
 - 1/4 cup olive oil
 - 1 tablespoon apple cider vinegar
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INSTRUCTIONS

1. Preheat oven to 350°F and line a 12-muffin tin with baking cups
2. In a large bowl, mix together oat flour, pumpkin pie spice, baking powder, baking soda, and salt
3. In a separate bowl, combine canned pumpkin, almond milk, maple syrup, olive oil, and apple cider vinegar
4. Fold the dry ingredients into wet ingredients and mix until well combined
5. Scoop the batter into each baking cup
6. Bake for 25-30 minutes



DID YOU MAKE THIS RECIPE?

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